



HO FUNG CAMPUS

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HO FUNG COLLEGE

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HO FUNG CROWNED TW & ISLANDS INTERSCHOOL GIRLS' BASKETBALL AND BOYS' VOLLEYBALL CHAMPIONSHIPS 2023

BASKETBALL



Ho Fung College went head-to-head with YMCA of Hong Kong Christian College in the final on 9 May 2023 at Tsuen Wan Sports Centre. It was clear that the opponents had the advantage of height but our HF girls won with speed and defence strategies.



Fiona Sin of Ho Fung scored the most points in the match, adding 13 points to the scoreboard. Ho Fung achieved a victory of 33-23 over Christian College.



GIRLS' BASKETBALL TEAM LIST IN THE FINALS:

1A CHEN MOON KI
1A YE ZHENGYOU
1B CHEN CHENGYI
1C CHEN YUK TUNG
1C CHEUK YUET SUM
1D CHOW XIAO TING
1D HO PUI LING

2A HUI KA KI MACY
2A WONG TSZ TING
2B LAI CHOI YAN
2C SIN CHING (Captain)
2D CHEA YAN HEI
2D LIN YUXIN
3B KWOK SUM YING
3D MAK PO YING

VOLLEYBALL



At the Tsuen Wan and Islands interschool volleyball competition final held on 21 May 2023, Ho Fung College defeated Lim Por Yen Secondary School and was crowned the Boys' Junior champion.

Team captain Nicholas Lau said that he was pleased with his team's performance, though their path to victory this year was arduous.



"Many of our players are not that tall, and we lack players in some positions, so we had to experiment with different line-ups to make our attacks and defence smoother," Nicholas said.



BOYS' VOLLEYBALL TEAM LIST IN THE FINALS:

1B WONG CHUN YIN
1C LAU CHAK HO
2A TSANG YU HIN
2B CHEN KA TUNG
2B FUNG YIK HEI BORIS
2B TANG PAK KIU
2B YIU CHEUK NAM

2C CHAK WAI KIU
2C WONG YIN LONG
2C ZHAO KAIDI
2D KAM CHI HO
2D MA HO YIN MARK
3B LAU CHEUK MING NICHOLAS (Captain)
3C LO HO YU JERRY
3D LI KA WAI CLEMENT



GET READY TO BE BLOWN AWAY BY THE CREATIVITY AND TALENT OF OUR AMAZING STUDENTS!

Our S5 students participated in the 'Student Story Slam 2023: My Roots' competition, organized by Hong Kong Stories, a group dedicated to the art of storytelling in Hong Kong. We are absolutely thrilled to announce the winners:

5D James Leung – Third Place
5D Angel Shao – Prize of Merit
5D Edward Chiu – Prize of Merit



Swimming

"Swimming" is a captivating story that takes us on a journey of self-discovery, as James Leung, shares his experiences of joining the school swimming team and overcoming his fears and doubts.

I was born in a family where my father was a swimming enthusiast. My cousin is a local swimming champion and broke records for fun. A love for swimming was instilled in my early childhood. My father always brought me to swim when I was young.

One day, my dad seemed to have foreseen my potential. "Son, you're doing well. How about joining the school swimming team for regular training? With professional coaches, I can see you following in your cousin's footsteps and becoming a future star." I hesitated. Although I was anxious to leave the safety of my father's protection, at the same time I was eager to boost my swimming skills. In the end, I agreed to join the team.

On the first day of training, I had a bad feeling. I saw the face of the coach; he was bald, had thick eyebrows and always frowned. I felt I wasn't welcome there. Entering the swimming pool, the coach gave us some exercises to do. Things were as I expected. My mates kept surpassing me; when I was on the third lap, they were on the fifth lap already. They dived into the water perfectly like a dolphin, while I clumsily hopped in with a big splash. They were just miles better than me. What could I possibly add to the team?

Feeling so miserable, I always wanted to avoid training. I once felt so helpless that I ran to the coach halfway through training and asked him to let me leave. He roared at me angrily, "What are you going to do at home? Play computer games all day? Stop acting like a loser or I will call your dad." He sent me back to the hell-like training.

I returned home with my dad sobbing uncontrollably. My father reminded me nothing can be achieved without hard work or obstacles. You can either put up with it or return home like a coward", he said. It didn't motivate my mentality as I was too young to understand, but I kind of understood that one day I would get the reward.

Ever since then, I tried hard in every training session. I arrived one hour early to warm up, and stay behind to ask the coach for extra exercises. It surprised the coach but I was glad that he supported me. At first, it exhausted me, but I gradually showed improvement. I started to catch up with the other trainees and even surpassed them! I didn't know the source of this strong determination within me, but I started to actually enjoy the training. Time passed and then the interschool swimming competition was approaching. The coach was picking swimmers for the relay race, so nobody wanted to be the last swimmer. That was when, full of courage, I stepped up. "Coach, can I be the last one?" Everybody was shocked; how could a primary five kid bear the pressure to be the last one?

My coach told me to have faith in myself. Ignoring all the doubts, I ran straight to the side-line to prepare. It was an intense game. Four teams were battling neck and neck; it was a stalemate. Shawn, the third swimmer, was exhausted. He spent his last reserves of energy to touch the end-wall and it was my time to shine. I dived into the water and blasted forward explosively, just like I had done in training. It was the time when all my pain and hard work had to pay off. Focusing on the finish line, I found the end was getting closer and closer. Finally, I reached the wall. Looking at the scoreboard, I saw we were the second. Even though we didn't win the game, my teammates all rushed to **me and** celebrated. I came all the way from the pool in my neighbourhood to a medalist. There's nothing to regret for.

It is not a particular event that has shaped me. It is the journey of swimming that has shaped me into a person with confidence and belief in myself. It is always crucial to take the first step and stay hardworking. Fear is temporary, but regret is forever. The training might have been tough, but it inspired me to dare to face challenges in life.

By 5D James Leung



James (middle) and the adjudicators



Ms Cheang, Edward, James, Angel, the adjudicator, Ms Man & the tutor



Angel, James, Edward and their English teacher, Ms Cheang

INNOVATION

Out of 100 participating teams, our school team captured three awards at **IdeaPOP!** (a startup pitch competition for Hong Kong secondary school students) with their project, Larps in Museum.

- 1. Overall Champion
- 2. Audience Vote Award
- 3. Excellence in Innovative Use of Technology Award



Team members consist of 4C Maggie So, 5B Sammi Cheung, 5C Anna Wu and 5C Wing So

“We are grateful to have a platform to voice our opinions on social innovation. We have never thought about winning before, so being the champion is absolutely astonishing.”

得獎作品

此刻，我按下時間停止器。周遭的空氣霎時停止流動，一切於身旁凝結。置身於露營的熱烈氣氛中，這不可多得的一時寧靜是如此的寶貴。

陽光從交錯的樹影中灑下，投下一片光輝，為這世界所有生靈鍍上一層橘光。看！那是一株春天獨有的嫩芽，經過春雨的洗禮，是那麼的活潑，是那麼的可愛。光瀉在點點水滴上，如同那珍貴的珍珠，上面映著我興奮的臉龐。我心中暗笑，真是個新奇的體驗。

眼神游移至湛藍的天空，正飄著幾片潔白鬆軟的雲朵。陽光穿梭於幾朵棉花中，它們似是被拳拳熱情燙穿了洞，洞旁還鑲著耀眼的金邊。瞧！頭頂的小鳥正展翅高飛，卻突然停住，羽毛抖動著，那滑稽的神情讓人不禁發笑。我又按下時間停止器，寧靜的氛圍瞬間消失，陽光繼續撒著，小草搖頭晃腦，而那隻鳥也已於空中翱翔。我擺弄著手中的魔法，心中為大自然讚嘆。



第五屆新界西區『兩文三語』挑戰賽
初中組最佳中文文章冠軍 二甲班 黃熙恩

Main Takeaways

Participating in this competition has been a valuable learning experience, providing us with the opportunity to develop our entrepreneurial spirit and creativity. We can conceive new ideas in solving social problems and apply what we have learnt in school, such as skills acquired in history lessons, to help us draft our proposal and cultivate social awareness.

We have also gained skills that are transferable to our schoolwork. For instance, the pitching experience has helped us become more confident when presenting in class, while drafting a comprehensive business proposal has taught us the importance of being meticulous and considering all the necessary details. These skills will undoubtedly be useful in our future careers.

IdeaPOP! gives us a chance to exchange ideas with teenagers that share the same goal with us. Without hard work, persistence and determination, we would not have come this far.

Finally, we hope to encourage our fellow students to seize similar opportunities to unleash their creativity and make a difference in the world.

By 5C Anna Wu



Mr Li Chi Ching, Wing, Anna, Maggie and Sammi

此刻，我按下時間停止器，立馬鴉雀無聲，周圍所有事物都停頓了。我是一名來自未來的博士，為了探測這個時間停止器的可行性，特意搭上最新研發的時光機回到二十年前。

成功穿越過去後，首先，我必須奉行本次穿越的目的：觀察和分析這部機械的各種性能。而實驗結果非常成功。工作完成後，我當然不能浪費這寶貴的機會去休息！

我到處走走，發現很多已被拆卸的建築，綠油油的草地和藍藍的天都是現在罕見的。無論未來的科技有多進步，還是爭不過大自然的美景。臨走前，我回到了家，雖然時間仍停止，但只要看到過身的親人臉孔一眼，我已心滿意足。經過我的房間時，看到當時受到挫折的我，我拾起桌上的筆，一筆一劃地寫出鼓勵自己的話。

帶著依依不捨的心情，我搭上時光機，突然靈機一動，終於想明白了當年為何會有一張來歷不明的紙條放在桌上，會心微笑了一下。



第五屆新界西區『兩文三語』挑戰賽
初中組最佳中文文章銅獎 三丁班 劉卓盈

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銀樂隊悠揚的樂聲徐徐響起，各制服團隊及運動員相繼進場。數年前仍在看台上奮力為社吶喊打氣的新生，如今已長大，英姿颯颯、昂首闊步地走在隊伍前頭帶領著初中學弟妹，使人不禁感慨歲月飛逝。

「第四十六屆陸運會正式開幕！」蕭校長話音剛落，跑道上、看台上就爆出熱烈的掌聲——翹首以盼三年的陸運會終於成功舉辦了！回想甫踏入四月，校園內處處都能看到各社幹事努力籌備的忙碌身影；中一同學也在放學後加緊練習打氣口號；運動員們更不用說了，自是勤加訓練，希望衝擊獎牌。而一切都是為了這場盛事！

各項比賽有條不紊地開展。跑道、沙池前都擠滿了等待的同學，他們熱血沸騰，摩拳擦掌，期待著自己能在賽場上一鳴驚人。賽跑的初賽在一聲哨響後，運動員就如同離弦的箭一般衝向終點，大家都卯足了勁為自己爭取僅有的八個決賽名額。四社的打氣聲亦瞬間淹沒整個運動場，幹事高聲呼喊，帶領本來害羞拘謹的中一同學打氣，場面令人熱血沸騰。各運動員陸續衝線，歡呼、掌聲不絕，氣氛更為熾熱。



跑道的終點是跳高場地。依隨紅白旗指示，運動員深呼吸，目光緊盯著橫杆，一步、兩步、三步、加速、縱身一躍——代表「有效」的紅旗舉起，運動員這才長舒一口氣。同場其他同學紛紛鼓掌，讚歎不已：「太厲害了！」看到這情境，誰還能說賽場上只有勝負呢？鏡頭一轉，旁邊的鉛球和標槍項目的健兒也不甘示弱。他們一次又一次突破對手剛擲出的最佳成績，每每僅相差毫釐，緊張刺激極了！

經過一番龍爭虎鬥，「全場總冠軍」的殊榮由藍社奪得，「最佳啦啦隊大獎」由紅社奪得，各組別「個人全場冠軍」運動員獎項亦全部揭曉。除此以外，多項塵封多年的紀錄被打破，包括女子乙組二百米、男子丙組跳高等等。夕陽西下，銀樂隊的樂章又再響起，是屆陸運會圓滿落幕。

陸運會的每一項精采賽事都充分展現出可風「讀得、做得、玩得」的優良品質和奮戰到底的體育精神。相信這兩日同學們在運動場上所留下的汗水、淚水、歡笑、傷痕，都將拼湊成各自回憶中美好而難忘的一頁。在此與各位同學約定，下學年運動場再見！

